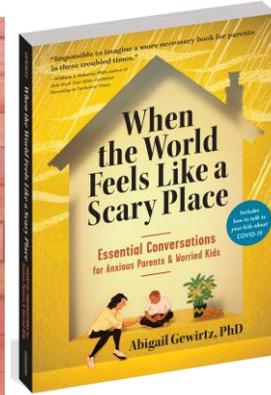
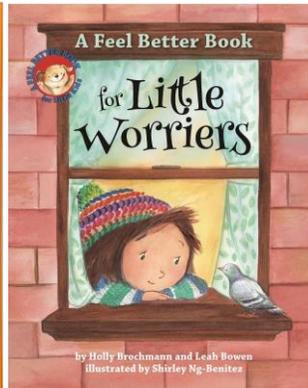
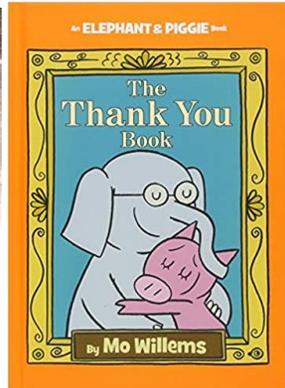
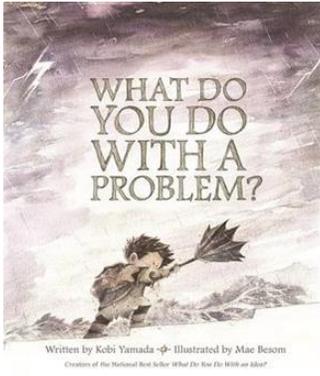


Resilience • Gratitude • Anxiety

These titles are suggested by the Mississippi Mills Public Library staff to support parents' and children's conversations in 2020, during these times of upheaval and pandemic. The following items represent a selection from the Mississippi Mills Public Library collection.



Resilience

story books

I am human: a book of empathy, by Susan Verde
How to catch a star, by Oliver Jeffers
Stand tall, Molly Lou Melon, by Patty Lovell
The most magnificent thing, by Ashley Spires
What do you do with a problem? by Kobi Yamada

Gossie, by Olivier Dunrea
Flight school, by Lita Judge
Be kind, by Pat Zietlow Miller
The dot, by Peter H. Reynolds
I don't like rain, by Sarah Dillard

non-fiction (adult)

Growing up resilient: ways to build resilience in children and youth, by Tatyana Barankin
The yes brain: how to cultivate courage, curiosity, and resilience in your child, by Daniel J. Siegel

Gratitude

story books

Thank you, Mr. Panda, by Steve Antony
Thanks from the Very Hungry Caterpillar, by Eric Carle
The thank you book, by Mo Willems
Caillou: Everything will be fine, by Christine L'Heureux

There, there, by Tim Beiser
The thankful book, by Todd Parr
Bear says thanks, by Karma Wilson

Anxiety

story books

A feel better book for little worriers, by Holly Brochmann
Beware the monster! by Michael Escoffier
Great truck rescue, by Jon Scieszka
Mama, don't go! by Rosemary Wells

Dog biscuit, by Helen Cooper
Whimsy's heavy things, by Julie Kraulis
The kiss box, by Bonnie Verburg

non-fiction (adult)

When the World Feels Like a Scary Place: Essential Conversations for Anxious parents & worried kids, by Abigail Gerwitz, PhD - Includes how to talk to your kids about COVID-19